

Washington Skin Solutions

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Hello, so a few things you need to know and may want to have on hand for recovery after filler.

You will want to sleep that night with a travel neck pillow (U shaped), that way even if you roll over in your sleep it will hold your face up off the pillow. You can still move/mold the filler for up to 24 hours after it is placed.

No straws if we do a lip augmentation for 24 hours.

Ice packs. I like the Ace gel ones because they stay soft and moldable even when frozen. But the small bead ones that are soft/moldable are fine also.

Arnica gel is a topical arnica montana that will help with swelling and bruising. Drinking a lot of water and taking Benadryl or any kind of antihistamine will help with swelling as well. Combinations of Benadryl and Pepcid are most effective. We also carry an oral and a topical arnica montana for post procedure. Bromelain also helps with bruising and swelling. Pineapple has a lot of bromelain in it.

If you are prone to cold sores, the needle trauma can stimulate one. If you have medication from your doctor, feel free to take it starting the day before. You can also take an over the counter Lysine supplement.

Bruising amount and length varies greatly from person to person. We recommend abstaining from any alcohol, aspirin, NSAIDS (ibuprofen/naproxen), vitamin E, glucosamine, or CoQ10 for several days prior. There are more over the counter products that can thin the blood. If you are unsure about something, please ask. If you are taking a prescription blood thinner, please call us. We don't typically stop these before treatment.

No dental visits or vaccinations 2-3 weeks before **or** after dermal fillers. Covid vaccine needs to be 4 weeks in between.

No mask or makeup the rest of the day. Make sure we are your last stop and you can go home afterwards. No working out or alcohol afterwards either.

If you are unsure or have questions, please don't hesitate to reach out!

Thank you.

